

State of Connecticut
Department of Correction
Program Development

Alphabetical Listing of Programs for GARNER CI

Addiction Services Tier 1 Substance Abuse Education Program

Description

The Tier 1 program consists of six (6) substance abuse education group sessions, including a minimum of one fellowship meeting. This program is designed to present basic substance abuse information, confront denial, and encourage further treatment involvement.

Facility:

Garner CI

Auspices:

Addiction Services

Types:

Addiction

Addiction Services Tier 2 Intensive Outpatient Program

Description

The Tier 2 Program is an intensive outpatient Addiction Services program with 30 curriculum sessions for 10 weeks. Group components are held three times weekly and incorporate weekly fellowship meetings to lay the foundation of basic substance abuse information, promote personal identification with recovery, and motivate further treatment involvement.

Facility:

Garner CI

Auspices:

Addiction Services

Types:

Addiction

Addiction Services Tier 3 Daycare Program

Description

The Tier 3 Program is a Addiction Services program with group components held four times a week for sixteen weeks (64 curriculum sessions), and weekly fellowship meetings.

As a part of the treatment plan, participants are expected to have a job or attend school when not attending groups. Treatment services are provided primarily in a group setting. Evaluation and, as needed, crisis intervention is conducted in individual counseling sessions.

Facility:

Garner CI

Auspices:

Addiction Services

Types:

Addiction

Adult Basic Education (ABE)

Description

ABE is the primary program of instruction designed to provide training in basic academic skills in the areas of reading, mathematics, language arts, general science and social studies. The program is directed toward increasing proficiency to the eighth grade level.

Facility:

Garner CI

Auspices:

USD#1

Types:

Academic Education

Alcoholics Anonymous

Description

This is a 12-Step Fellowship self-help group for men and women who provide mutual support in obtaining and maintaining sobriety while also helping others to recover from alcoholism. Meetings, in a variety of formats (Big Book, Step Meetings, Speaker, etc.), are held on a weekly basis. Addiction Services staff coordinate the meetings and provide oversight for the program.

Facility:

Garner CI

Auspices:

Addiction Services, Volunteer Services

Types:

Addiction

Anger & Stress Management

Description

Stress is what one feels when one faces fear, change, pressure and the unknown. Stress is an unavoidable part of life, especially in prison. When stressed, there is a tendency to overreact and become upset, angry, or anxious. This class teaches inmates skills necessary to effectively manage their anger and stress.

Facility:

Garner CI

Auspices:

Facility Staff

Types:

Anger Management

Anger Management - Garner

Description

This group is provided to inmates assigned to mental health housing units. The program is designed to assist inmates to improve techniques for effective management of their anger without the use of aggressive behavior. The program focuses on stress reduction, adjustment to environmental change, improved communication skills and improved interpersonal relationship skills. The modalities used are: Relaxation technique, cognitive therapy, visualization and journal-keeping, and brief lectures on the nature of anger and factors sustaining it.

Facility:

Garner CI

Auspices:

Health Services

Types:

Anger Management, Mental Health

Arts & Crafts

Description

This group is provided is to inmates assigned to mental health housing units. This program allows inmates to exhibit and/or develop artistic talent in a structured and therapeutic environment. It also allows inmates with no developed talents the opportunity to creatively express themselves utilizing basic art forms (drawing, coloring, tracing).

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

Bridging the Gap

Description

Alcoholics Anonymous is one of the most important self-help resources for alcoholic men and women. A very important first step for inmates being released into the community is attending the first meeting as soon as possible following release. Addiction Services staff in the institution utilize a toll-free telephone number to get information about the nearest AA meeting location, along with the name of a contact person. An AA member then will contact the inmate upon release and even provide transportation to a meeting.

Facility:

Garner CI

Auspices:

Addiction Services, Volunteer Services

Types:

Addiction, Transition

Catholic Bible Study

Description

Biblical readings are reviewed with inmates. The goal of this program is to help inmates develop self-awareness and personal growth based on Christian principles.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Religious

Catholic Mass

Description

This is the weekly Catholic worship service.

Facility:

Garner Cl

Auspices:

Religious Services

Types:

Worship Services

Catholic Mass (Spanish)

Description

This is the weekly Catholic worship service conducted in Spanish.

Facility:

Garner Cl

Auspices:

Religious Services

Types:

Worship Services

Catholic Retreat

Description

EMMAUS RETREAT - A Catholic Faith Retreat that is held once a year with monthly reunions.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Religious

Catholic Sharing Hour

Description

Inmates, using an open forum, share their struggles, fears, and doubts in walking the Christian path while in prison. Volunteers who conduct this program help them in a positive, healthy manner to overcome these obstacles.

Facility:

Garner CI

Auspices:

Religious Services, Volunteer Services

Types:

Religious

Catholic Studies

Description

Participants in this program study materials from the Confirmation Lesson Plan Guide. This study prepares students for the sacrament of Confirmation.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Religious

Choir

Description

Both Catholic and Protestant inmates are able to join choirs in their respective religious service. These choirs both enhance the religious liturgies and add a level of veneration to those services.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Religious

Cognitive Restructuring

Description

Thoughts, beliefs, and attitudes are what govern individual behavior. Throughout life, humans are exposed to a variety of sources that influence or determine the thoughts, beliefs, and values, morals and attitudes that predispose them to behave in a particular fashion. This course is designed to explore individual beliefs, attitudes and thoughts. Through exercise and discussion inmates are provided with an opportunity to explore the origins of their thoughts and beliefs and understand how they are responsible for their behavior. Once inmates understand the origins; exercises, visualizations, drawings, and discussions are be utilized to expand their perspectives so that they can change the beliefs, thoughts, and attitudes, which create their problems.

Facility:

Garner CI

Auspices:

Facility Staff

Types:

Self Improvement

Commitment to Change

Description

This program assists youthful offender inmates in understanding the behavior that stems from negative thinking patterns and belief systems. The goal of the group is to encourage positive behavior and the formation of healthy relationships with others and oneself. This is an eight-week program.

Facility:

Garner CI

Auspices:

Facility Staff

Types:

Self Improvement

CONNTAC-EOC (CT Talent Assistance Cooperative-Education Opportunity Center)

Description

Representatives from CONNTAC-EOC are provided with names of students to meet with while the student is still incarcerated. The representatives assist students with their post-secondary plans and financial aid.

Facility:

Garner CI

Auspices:

USD#1

Types:

Transition

Cultural Awareness-Garner

Description

This program component is designed around a need for Connecticut gangs to understand their opposing factions, similarities and differences. It has been proven by recent studies on confrontation that conflicts often arise because the opposing parties do not see each other's culture as human. This program teaches inmates about ethnocentricity and how their behavior perpetuates it.

Facility:

Garner CI

Auspices:

Facility Staff

Types:

Cultural Diversity, SRG

Embracing Fatherhood

Description

Embracing Fatherhood is a program designed to assist incarcerated fathers in gaining awareness of the important role they play in the lives of their children. This awareness will enable participants to successfully embrace their roles as fathers and begin to build healthy lifestyles that will benefit both their children and them.

Facility:

Garner CI

Auspices:

Facility Staff, Volunteer Group

Types:

Family

Exercise Class

Description

This program run by the Recreation Department is designed to provide inmates with exercise instruction to improve overall health-fitness. Stretching, walking, jogging and calisthenics provide the basic format of these health skills. Classes are conducted in a low impact aerobic package.

Facility:

Garner CI

Auspices:

Health Services, Recreation Services

Types:

Health Education

Garden/Landscape

Description

This program teaches inmates how to grow and care for plants, tree seedlings, shrubs, and flowers. Inmates participating in this program experience a calming effect.

Facility:

Garner CI

Auspices:

Facility Staff, Recreation Services

Types:

Self Improvement

Gardening/Activity Program

Description

This is a program for mentally ill inmates. Priority is given to inmates who have recently been discharged from inpatient mental health treatment. The goals of the program are to help the impaired inmates to interact with staff and one another, to help them follow instructions, and to help them accomplish limited goals. While attending the group, staff monitor and assist inmates in the areas of personal hygiene, grooming, and appropriate interpersonal behavior. Lower functioning inmates are assisted in developing daily living skills needed to function in a correctional setting.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

General Educational Development (GED)

Description

The GED is the primary program of instruction for students functioning above an eighth grade level who wish to earn a State of Connecticut high school diploma through the examination process. GED Tutors and volunteers assist Department teachers by helping inmates prepare for the GED Exam and/or by helping to teach basic language skills.

Facility:

Garner CI

Auspices:

USD#1

Types:

Academic Education

Gym Recreation

Description

This group is provided to inmates assigned to mental health housing units. This program, which includes aerobics, basketball, football and baseball, provides the opportunity for inmates to explore how a regularly scheduled aerobic activity can help them improve their cardiovascular system, functional range of motion, gross motor skills and enhancement of mental and emotional well being.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

HIV Counseling, Testing & Risk Reduction Education

Description

When inmates are tested for HIV, the department provides standardized counseling by Department of Public Health certified counselors before and after testing. Counseling components include what HIV and AIDS are, how to get it, how to avoid getting it, what it means to be HIV positive, how to take care of oneself if one is HIV positive, and help in dealing with the associated feelings.

Facility:

Garner CI

Auspices:

Health Services

Types:

Health Education

HIV Support Services

Description

The Department demonstrates a collaborative approach in providing HIV support services to inmates in all facilities. A UCONN (Contracted) Health Services Team coordinates testing and counseling services; the Department's School District conducts classroom instruction about HIV; the Department's Addiction Services Unit Counselors provide HIV education and prevention counseling; a number of volunteers serve as "buddies" or sponsors; and Hartford's Community Partners in Action (CPA) receives funding from foundations, grants as well as support from the state's Department of Mental Health and Addiction Services to operate the "Beyond Fear" Program. Altogether the Department hosts a complete program that includes counseling, testing, education focus groups, videos, intervention strategies and is able to assist discharging inmates with need for such services as housing, medical treatment, food, clothing and transportation.

Facility:

Garner CI

Auspices:

Health Services

Types:

Health Education

Hobby/Crafts Program

Description

The Hobby/Crafts Program is designed to harness and develop inmate talents in the areas of arts and crafts using woodworking, painting, and hobby making skills to build projects. Inmates learn to design, plan and assemble projects using a variety of methods and materials with minimal tools. Products are donated to charitable organizations such as The Hole in the Wall Gang (Hospice), Boys & Girls Clubs, and the National Audubon Society. All shop/safety procedures are stressed and maintained.

Facility:

Garner CI

Auspices:

Facility Staff, Recreation Services

Types:

Community Service, Self Improvement

Inmate Photo Program

Description

Inmates register each month to take either 35 mm or Polaroid photos for a small fee and these photos are sent home or otherwise kept for personal use. Proceeds that are generated are held in a Special Activity Fund. From this fund, thousands of dollars have been donated to local charitable organizations each year, e.g. women's shelters, children's hospitals, youth organizations, and youth at risk programs.

Facility:

Garner CI

Auspices:

Facility Staff

Types:

Community Service

Islamic (Quran) Study

Description

Quran readings are reviewed with inmates. The goal of this program is to help inmates develop self-awareness and personal growth based on Islamic principles.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Religious

Jehovah's Witness Bible Study

Description

Biblical readings are reviewed with inmates. The goal of this program is to help inmates develop self-awareness and personal growth based on Jehovah's Witness principles.

Facility:

Garner CI

Auspices:

Religious Services, Volunteer Services

Types:

Religious

Jewish Worship and Torah Studies

Description

Jewish Worship services and Torah studies are conducted weekly. During the Holy Days, services are celebrated under the supervision of the Religious Coordinator.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Worship Services

Jumah

Description

Jumah is the weekly Muslim worship service.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Worship Services

Literacy Volunteers of America

Description

An active group of community volunteers, as well as inmate volunteers, contribute hundreds of hours to combat illiteracy for inmates in all of the facilities. Basic reading, vocabulary and comprehension skills are stressed.

Facility:

Garner CI

Auspices:

USD#1, Volunteer Services

Types:

Academic Education

Medication Compliance Group

Description

This group is provided to inmates assigned to mental health housing units. It focuses on knowledge of the purpose of medication including actions, dose and side effects and the role of medication in the maintenance of health. The purpose of the group is to encourage medication compliance.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

Mental Health Support Group

Description

This group is co-lead by mental health and community volunteers and focuses on self-help for dealing with depression or bipolar illness.

Facility:

Garner CI

Auspices:

Health Services, Volunteer Services

Types:

Mental Health

Native American Worship

Description

Sacred Circle is a community prayer, which includes smudging. It is celebrated weekly.

Facility:

Garner CI

Auspices:

Religious Services, Volunteer Services

Types:

Religious, Worship Services

Post Traumatic Stress Group

Description

This group assists the inmate to deal with past life traumas that influence the quality of life of the inmate. It utilizes relaxation technique, group discussion and conflict resolution.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

Protestant Bible Study

Description

Biblical readings are reviewed with inmates. The goal of this program is to help inmates develop self-awareness and personal growth based on Christian principles.

Facility:

Garner CI

Auspices:

Religious Services, Volunteer Services

Types:

Religious

Protestant Bible Study (Spanish)

Description

Biblical readings are reviewed with Spanish inmates. The goal of this program is to help inmates develop self-awareness and personal growth based on Christian principles.

Facility:

Garner CI

Auspices:

Religious Services

Types:

Religious

Protestant Service

Description

This is the weekly Protestant worship service.

Facility:

Garner CI

Auspices:

Religious Services, Volunteer Services

Types:

Worship Services

Protestant Service (Spanish)

Description

This is the weekly Protestant worship service conducted in Spanish.

Facility:

Garner CI

Auspices:

Religious Services, Volunteer Services

Types:

Worship Services

Psychiatric Symptoms Group

Description

This group assists the inmate to understand and recognize the signs and symptoms of their illness and various interventions that can be utilized.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

Sex Offender Program

Description

The Sex Offender Program is a specialized program for inmates who have committed a sexual assault. The program is provided by mental health staff with specialized training in the treatment of sex offenders. The overall goal of the program is to decrease sexual violence. The program teaches inmates about the nature of sexual assault, helping them develop an individualized relapse prevention strategy for themselves, helping them improve the quality of normal interpersonal relationships, helping them better manage their anger, and helping them develop victim empathy.

Facility:

Garner CI

Auspices:

Health Services

Types:

Sex Offender

Special Education and Pupil Services

Description

The special education teachers, pupil services specialists (School Psychologists, School Counselors, School Social Workers), and the associated clerical and durational staff provide services to students with handicapping conditions which interfere with their ability to participate in school. These services are mandated by federal (Individuals with Disabilities Education Act Amendments of 1997) and state (Connecticut General Statutes 10-76) statute. Special education services encompass a broad array of activities including assessment, counseling, transition planning, and both the direct and indirect (e.g. consultation) services of the special education teachers and pupil services staff. Student programs are designed according to the individual needs of each student with disabilities and are specified in an Individualized Education Plan (IEP.)

Facility:

Garner CI

Auspices:

USD#1

Types:

Academic Education

Sponsorship Behind the Walls

Description

This program is designed for inmates participating in a 12-step recovery program. It enables participants to write to an outside sponsor in order to work the 12 steps of recovery.

Facility:

Garner CI

Auspices:

Addiction Services

Types:

Addiction

Teaching English to Speakers of Other Languages (TESOL)

Description

TESOL is an instructional program for students whose primary language is not English. TESOL instruction helps students to speak, read and write English or assists them in developing the language skills necessary for overall academic and vocational progress.

Facility:

Garner CI

Auspices:

USD#1

Types:

Academic Education

Tech Prep Program

Description

This is a program that offers opportunities for high school students to earn college credits through work with Community Colleges and USD#1 teachers.

Facility:

Garner CI

Auspices:

USD#1

Types:

Vocational Education

The Intensive Mental Health Unit (IMHU)

Description

The Intensive Mental Health Unit (IMHU) is a three-phase intensive behavior modification program designed to treat and safely manage those inmates with severe mental illness or mental retardation. These inmates also exhibit assaultive behavior and/or chronic disciplinary problems. The goal of this program is to reduce the number and severity of episodes of behavioral dyscontrol as well as increase compliance to his individual treatment plan. The program utilizes a collaborative approach with health services, (i.e., mental health and custody staff). A gradual increase in inmate privileges based on demonstrated positive compliance with unit protocol is the primary goal.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

Therapeutic Community Meeting

Description

This group is provided to inmates assigned to mental health housing. The inmates discuss issues of concern using problem solving skills and conflict resolution.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

Therapeutic Recreation Class

Description

This program run by the Recreation Department is designed to provide inmates with positive social interaction skills via recreation group dynamic techniques. A variety of group games are analyzed. Participants learn how to play, score, referee and run games and tournaments.

Facility:

Garner CI

Auspices:

Recreation Services

Types:

Self Improvement

Therapeutic Writing Group

Description

This group is provided to inmates assigned to mental health housing units. This is a structured writing group designed to promote positive coping skills, increase self-esteem and alleviate the impact of stressful life events.

Facility:

Garner CI

Auspices:

Health Services

Types:

Mental Health

Thinking for a Change

Description

This cognitive behavior program was developed by the National Institute of Corrections. It is designed to help inmates change the way they think, help inmates develop improved social skills, and help inmates learn problem-solving skills. Research links successful completion of such programs to reduced recidivism.

Facility:

Garner CI

Auspices:

Facility Staff

Types:

Self Improvement, Youth CDU

Thresholds

Description

This is a community-based therapeutic counseling system specifically designed for delivery by trained volunteers. It focuses on developing decision-making and problems-solving skills.

Facility:

Garner CI

Auspices:

Volunteer Group

Types:

Self Improvement

Transition/School to Work

Description

The Transition/School to Work program's mission is to place participating students in employment and/or vocational/educational programs and to provide each student with a needs-based transition plan prior to his/her release to maximize potential for successful re-entry into society. School-based and work-based learning opportunities are provided through job and resource fairs, employment skills curriculum, sessions with transition counselors and meetings with a transition coordinator. A USD#1 brochure describing this program is available.

Facility:

Garner CI

Auspices:

USD#1

Types:

Transition

Transitional Linkage into the Community (TLC)

Description

Transitional Linkage into the Community (TLC) is a program of Community Partners in Action which provides discharge planning for inmates with HIV/AIDS. TLC serves every prison and jail in the state, and works with clients returning to every region of the state. TLC case managers meet clients' emergency needs upon release, and connect them with services in their local communities for continuing care and assistance.

Facility:

Garner CI

Auspices:

Contracted Program, Health Services

Types:

Health Education, Transition

Turning Point Program

Description

In this program specially screened long and short sentenced inmates speak to students (normally juvenile delinquent referrals) about "if they knew then what they know now." Students tour the facility and engage in a group discussion with inmates surrounding the topics of problems, consequences, effects and solutions. The purpose is to deter students in the community from criminal activity in a respectful, non-threatening forum.

Facility:

Garner CI

Auspices:

Facility Staff, Volunteer Services

Types:

Community Service, Self Improvement

Victim-Offender Dialogue

Description

For a variety of reasons, it is sometimes helpful for victims to meet with offenders. The department's Victim Services Unit evaluates and when appropriate facilitates this dialogue. The process is designed to achieve the objectives of restorative justice, healing the victim, and confronting and holding the offender accountable. Although this process can often be very helpful to the inmate, all such dialogues are initiated at the request of victims.

Facility:

Garner CI

Auspices:

Facility Staff, Victim Services

Types:

Domestic Violence, Victim

Writing Class

Description

This program is divided into 6 weeks cycles, one hour per week. Each cycle covers one of the following topics: Creative writing, journal writing, letter writing, and poetry. The student is required to complete the homework assignment or is not permitted to come to class. The instructor corrects all homework assignments and returns it to the student. Class discussion is focused on the homework assignment.

Facility:

Garner CI

Auspices:

Facility Staff

Types:

Academic Education

Youth Offender Program

Description

Through the use of federal funds, post-secondary education and transition services are provided to "youth offenders" up to the age of 26 who are eligible for parole or release within five years. A transition counselor provides assistance and counseling to encourage participants to acquire functional literacy as well as life/job skills while in prison. Students participate in post-secondary classes, complete portfolios, and develop transition plans and placement.

Facility:

Garner CI

Auspices:

USD#1

Types:

Academic Education, Vocational Education